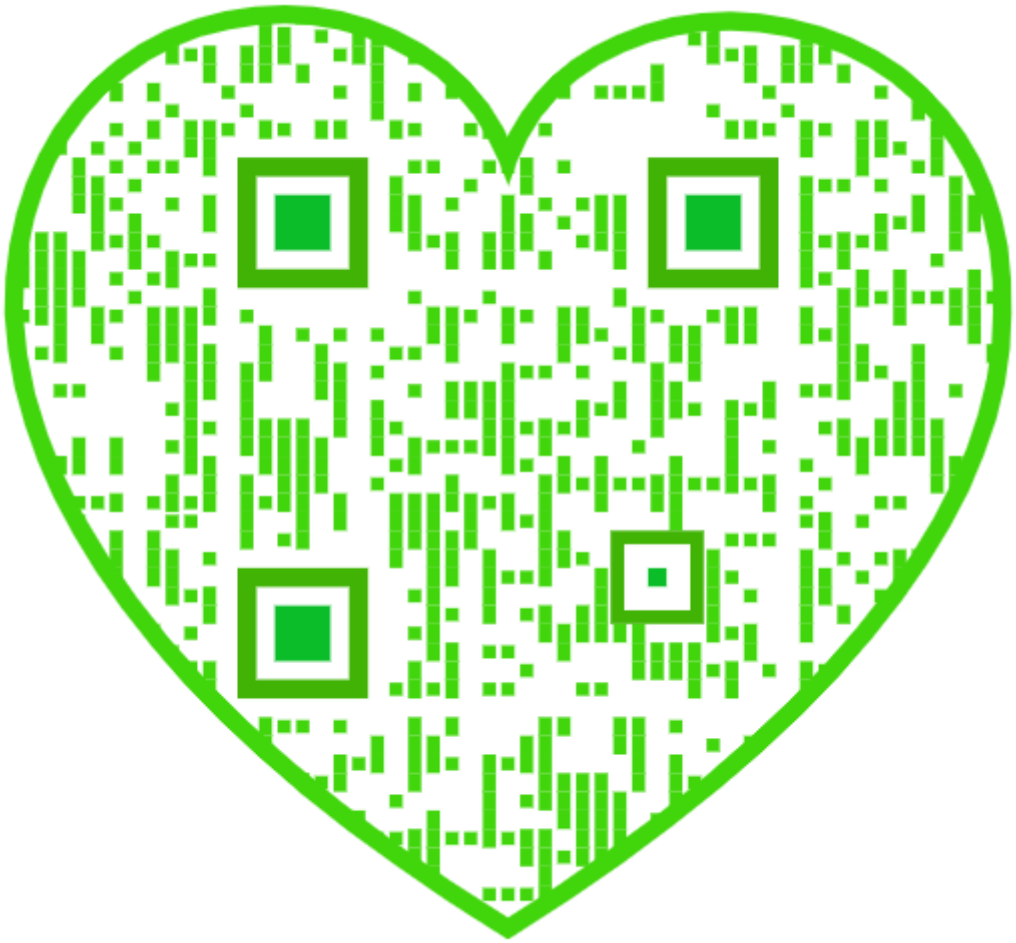

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Ex7U
Reserve

USE OF HOMEMADE SWEET POTATO SIRUP IN THE HOUSEHOLD.

From the Experimental Kitchen, States Relations Service,
U. S. Department of Agriculture.

GENERAL DISCUSSION OF COOKING QUALITIES.

We find that this sirup can often be substituted for molasses or other sirups in ordinary recipes, but only with certain modifications.

1. It is somewhat lacking in acid, in comparison with cane molasses, and cannot be used with soda as the sole dependence for leavening, in a batter or dough. Also its flavor is improved, for many if not for all purposes, by the addition of a small amount of acid, e. g., 1 to 3 teaspoons vinegar to 1 cup of the sirup. Spice may be used instead of acid, where flavor is the only consideration.

2. In flour batters and doughs, such as cakes and ginger bread, when used in the same proportions as molasses would be, it has a tendency to make in the crumb part of the cake, a gummy, tenacious product lacking in lightness. Even when a much larger proportion of flour than usual be added, this tendency is not altogether overcome. It is often necessary, then, to reduce the amount of sirup used in the batter, and to add acid or to use more baking powder. That is to say, the treatment of sweet potato sirup in baking is intermediate between that which is appropriate for molasses and that appropriate for glucose and other sirups.

3. The crust which forms on a flour batter has a peculiar candy-like crispness which is an especial advantage in the making of ginger snaps and crisp cookies. This is, however, a distinct disadvantage to the cup or layer cake, which must burst through this early-forming crust in order to rise at all; because the crust forms before expansion due to leavening is complete.

4. This sirup is especially delicious in any product where a caramel flavor is to be developed by browning, whether it be candy, pudding, custard,

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pie, icing for cake, sweet sauce, bakedbeans, or vegetable glaze.

5. Needless to say it is highly acceptable as a table sirup. Most persons whose opinion we have asked, liked the untreated sirup with pan cakes, fritters, etc. But in case you notice an objectionable "sweet potato taste", or if you desire a higher flavor, caramelize the sirup by cooking it for a few minutes at the boiling point in a smooth saucepan over the direct flame, until it begins to stick to the pan and brown; then add enough hot water to bring the sirup to the desired consistency. Easier still, add caramel (caramelized sugar) to the sweet potato sirup, to suit the taste.

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A little acid, perhaps a teaspoonful (or two or three) of vinegar to the cupful of sirup, is another addition which lends variety. Both acid and caramelization may be used together, as the two changes in flavor combine well, producing a sirup very much like that of a cane sugar molassos of high grade. Also caramelization is much easier if acid has been added previously.

Either the caramelized sirup, or the acidified-and-caramelized sirup, may be used in cooking to advantage. In the recipes which follow, we shall designate the untreated sirup simply as "sirup"; the caramelized product as "caramel sirup"; the acidified-and-caramelized product as "potato molasses".

RECIPES IN WHICH SWEET POTATO SIRUP
HAS BEEN SUCCESSFULLY USED.

1. Molasses Taffy with Sweet Potato Sirup.

1 cup sirup (nearly 12 ounces), 1 teaspoon vinegar. Cook together about 10 minutes, or until a hard ball is formed when dropped into cold water. Pour out onto greased pan or slab. When cool enough to handle, pull.

This taffy had a nice flavor, and seemed less sticky than does a sugar or molasses taffy.

There is no doubt that this sirup could also be used to advantage in making caramels, hard or soft peanut candy, Divinity fudge, etc.

2. Gingersnaps.

½ cup sirup
¼ cup fat
¼ teaspoon soda
¾ teaspoon salt
½ tablespoon ginger
1½ cup flour

Heat sirup to boiling point, pour over fat, add dry ingredients sifted together. Chill, roll thin, cut with cooky cutter, bake in moderately hot oven. Results, unusually good, even without the addition of any acid.

3. Drop Cookies.

¾ cup sirup
¼ cup fat
1 egg
½ teaspoon soda
2 tablespoons water
1 cup raisins
2 cups flour (about)
½ teaspoon cinnamon
1/8 teaspoon cloves, powdered.

Heat fat and sirup together, add spices while warm. When cool, add part of flour sifted with soda, egg well beaten, and raisins. Add just enough of the rest of the flour, so that the dropped teaspoonfuls of batter hold their shape. Bake in moderately hot oven.

4. Gingerbread.

A common recipe for gingerbread* reads as follows:

1 cup molasses
½ cup boiling water
2¼ cups flour
1 teaspoon soda
1½ teaspoons ginger
½ teaspoon salt
4 tablespoons melted butter

Now this excellent recipe is not practicable for sweet potato sirup, for three reasons:

(1). The crust hardens too soon and (probably for that very reason) the crumb is too gummy. This means that we must reduce the amount of sirup.

(2). The flavor is not as high as that of a ginger bread made with molasses, even when the full cup of sirup is used. This means that we must add more spice, and salt, or fruit, or chocolate, or sugar, or acid of some sort, - or a caramelized sirup, or some other flavor.

(3). There is not sufficient acid to combine with the soda, and so the product is heavy as well as gummy. This means that we must add acid, or else omit soda and use baking powder. The final recipe, then, may read as follows:

5. Ginger Cakes with Pudding Sauce.

½ cup sirup, caramel sirup or potato molasses
3/4 cup boiling water
2¼ cups flour
4 tablespoons melted butter
1 teaspoon cinnamon
2 tablespoons sugar (can be omitted)
3/4 teaspoon soda
1½ teaspoons ginger
½ teaspoon salt
3 teaspoons vinegar
¼ teaspoon clove or nutmeg
2 teaspoons caramel (brown sugar dissolved in a little water)

Bake in muffin tins rather than in a loaf.

6. Pudding Sauce.

Any good sauce may be used, such as Foamy Sauce, Hard Sauce, etc. The following recipe for a sauce made with sweet potato sirup is excellent:

Foamy Sauce made with Sirup.

1 cup sirup
1 tablespoon fat
2 teaspoons vinegar
1 egg
1 teaspoon vanilla

* Miss Farmer's Boston Cooking School Cookbook.

Boil sirup, fat, and vinegar 1 minute. While hot, pour slowly over the well-beaten egg, beating constantly until all of the sirup has been added. Serve hot.

A simpler and less expensive sauce:

1 cup sirup
1½ tablespoons butter
2 tablespoons lemon juice, or
1 tablespoon vinegar
Water as needed

Cook sirup to caramel stage, then add hot water to make a sirup of the desired consistency; boil together for a few minutes; add butter while warm, and juice or vinegar, when somewhat cooled.

7. An egg ginger bread needs about the same modifications as do the ginger cakes, though it does not demand acid quite so imperatively. The following recipe is good:

½ cup sirup or potato molasses
¼ cup fat
3 teaspoons vinegar
3/4 teaspoon soda
1 teaspoon salt
2 tablespoons sugar
½ cup milk
1 egg
2 cups flour
2 teaspoons ginger
1 teaspoon cinnamon
2 teaspoons caramel

Mix as in No. 5, above.

8. Sirup Pudding, Baked or Steamed.

½ cup flour
½ cup sirup (caramelized)
¼ cup milk
2 teaspoons vinegar
4 tablespoons butter or butter substitute
¼ teaspoon soda
2 eggs
¼ teaspoon salt

Stir vinegar into sirup, add melted fat, beaten eggs, milk, and flour sifted with salt and soda. Bake or steam. Serve hot, with a sauce or with cream.

This pudding has a good flavor, with or without the vinegar. It browns well. It is somewhat solid unless lightened with baking powder or with the additional acid (i. e., the vinegar as above), to act with the soda.

9. Chocolate cup cake with sweet potato sirup.

¼ cup fat	2 eggs
½ cup sirup (plain, caramelized or of potato molasses)	2 squares (ounces) chocolate
¼ teaspoon soda	1¼ cups flour
3 tablespoons milk	2½ teaspoons baking powder
½ teaspoon salt	2 tablespoons sugar
	1½ teaspoons vanilla

Mix and bake as usual; makes 1 dozen cup cakes.

10. Indian Bread made with Sweet Potato Sirup.

1½ cups Graham flour	1 teaspoon salt
1 cup cornmeal	1-2/3 cups milk
1 teaspoon soda	½ cup sirup (plain or caramelized) or potato molasses
¼ teaspoon cream of tartar	

Combine and steam as usual. An unusually good bread, somewhat less moist than usual.

11. Bran Muffins with Sweet Potato Sirup.

½ cup flour	½ teaspoon salt
1 cup bran	1 teaspoon baking powder
1/8 teaspoon soda	¼ cup sirup or potato molasses
3/4 cup milk	

Combine and bake as usual.

12. Boiled Custard.

1 cup milk	2 tablespoons sirup or caramel sirup
1/8 teaspoon salt	1 teaspoon sugar
1 egg	½ teaspoon vanilla

Beat egg slightly, add sweetening and salt, then hot milk, cook in double boiler to 184° Fahr., or until custard thickens on edge of spoon, remove from double boiler, add vanilla. The sirup may be caramelized if a higher flavor is desired; in that case, add a tablespoonful of sugar.

13. Baked Rice Custard.

1 tablespoon raw rice	4 tablespoons sirup or potato molasses
1 pint milk	1 tablespoon sugar
½ teaspoon salt	½ teaspoon nutmeg or other spice

Bake in slow oven three hours, stirring every 20 minutes during first hour, to prevent settling and sticking of rice.

14. Candied Sweet Potatoes or Carrots.

Parboil or steam vegetables until tender or nearly so. Place in baking dish, add salt and butter or other fat, cover with sirup, bake until edges are a crisp brown.

Although adding sweet potato to sweet potato seems like carrying coals to Newcastle, yet it will be hard to find a sirup as well suited to the above purpose, as is this one.

15. Butterscotch Pudding.

5 tablespoons caramelized sweet potato sirup	4 tablespoons butter
2 tablespoons sugar	6 tablespoons flour
2 eggs	1 teaspoon salt
	1 pint milk

Cream butter and flour, add salt, sugar, and milk; cook till thick. Add hot mixture to beaten eggs, meanwhile beating rapidly to prevent curdling; place in double boiler and cook two or three minutes, stirring constantly. Add sirup and beat well. Serve very cold. Plain or whipped cream is a nice addition. This pudding may be used as a filling for pastry shells or cream puffs if desired.